



McDowell County FACES Newsletter

The FACES of HOPE

April, 2013

facesfrn.com

email: facesfrn@yahoo.com



AVAILABLE WORKSHOPS

Grant Writing Workshop - June 5

Want to learn more about grants that are available for civic, public safety, health and community development organizations, students and educators, entrepreneurs, and more?

Join the 3rd District Accelerator for a

Grant Writing Workshop

Wednesday, June 5, 2013
1:00- 4:30 pm

Workforce West Virginia
110 Park Avenue
Suite 100
Welch, WV

Reserve your space today. Please sign up by emailing 3DA@rcbi.org

This workshop is presented as part of the Third District Accelerator, a new program to create business opportunities, strengthen entrepreneurship, and generate jobs.



Governor's Regional Substance Abuse Task Forces Meetings

Region 6: Monday, May 13th / 5:00 pm – 7:30 pm

Webster, Pocahontas, Nicholas, Fayette, Greenbrier, Raleigh, Summers, Monroe, Wyoming, Mercer, **McDowell**
Location: Hinton Technology Center
301 Summers Street
Hinton, WV

The next round of Regional Task Forces meetings, Round 10, will commence on May 6. Please see the schedule and meeting locations below.

During this round of meetings, members will hear updates, will have the opportunity to make regional recommendations for submission to the Governor's Advisory Council for Substance Abuse, and will learn more about each region's participation options in the upcoming statewide meeting - 2013 WV Integrated Behavioral Health Conference: "People, Partnerships, Possibilities."

This round will be the last full regional meeting before the statewide meeting that is scheduled for September. Prior meeting notes and orientation materials can be found online at www.WVSubstanceFree.org/task_forces.php.

Please do not hesitate to contact facilitation team members at SubstanceAbuseTeam@gmail.com if you have questions or need additional information. We look forward to seeing you at the upcoming round of Task Force Meetings!

Women on Wellness "Wow I Can Do It"

Saturday, May 18th
8:00 a.m.—5:00 p.m.

Larry Joe Harless Community Center, Gilbert WV
\$25.00 Cost

Register, call 304-664-2500
Online at www.wowicandoit.com

A fun active day to help you become healthier: body, mind, and soul. Help yourself, help your family. Bring your BFFs, mothers, daughters, neighbors, etc., Day care will be provided by the Mud Buddies foundation for those who wish to attend with children.

Schedule includes

- registration,
- health screenings,
- breakfast energizer,
- Setting the Tone,
- Move Your Body,
- Lunch to Feed our Soul,
- Unlock Your Behaviors,
- Open Buffet of Ideas,
- Shake Your Soul,
- Complete Your Healthy Lifestyle Plan, and
- Appreciation and Evaluation.

Wear loose, comfortable clothing and comfortable shoes suitable for walking.

HAVE FUN!!!!

CYSTIC FIBROSIS AWARENESS MONTH: IN HIS OWN WORDS



Hi, my name is Josh Foster and this is the story of my life living with Cystic Fibrosis. I was diagnosed at the age of 8

years old after a lot of doctor visits and being sent to Charlottesville, VA to confirm. Living in southern West Virginia I nor my parents had never heard of Cystic Fibrosis.

Turns out that both of my parents was a carrier of the gene (which they didn't know anything about they had never heard of it) and even with that it was still a one in three chance that I could have Cystic Fibrosis and it was just my luck I do. Living with Cystic Fibrosis has a lot of challenges (for those of you that don't know what it is CF it's a lung disease but also affects other parts of the body and it is not catchable by being around me it is something you are born with). Most of my complications are with my breathing and infection that sets up in my lungs (even a normal cold to an average person can put me in the hospital for a week or so on IV antibiotics).

Growing up there were times I would have to miss weeks of school because of being in the hospital or being home on IV antibiotics. I was a very shy kid and I was

also embarrassed because I had CF and I didn't want to be treated different by anyone and most of the kids I went to school with always knew I had a cough so they just thought I had bronchitis or something like that and I let them think that. The only people who knew about me having CF were my family and a very few close friends that I felt I could trust. So my Dad would stop by the school or one of friends would bring me all the schoolwork home so I would not fall behind in classes. Once I hit high school my freshman year I had one of my lungs to collapse on me and that put me in the hospital for a while and they ended up having to do surgery to get my lung to stay up and then in my senior year I had the other lung to collapse and they had to do the same thing in surgery to get it to stay up. With God's help friends and family I was able to keep up on all my schoolwork and graduate within the top 11 of my class.

After all that I had already be through in my life I knew that I could most likely get my disability but I believe that a man should work if he is able and there is a job out there that they could do. I knew with my illness that my career choices would be limited to more brain work than physical work. So I started looking at my interest and found out that I was good at working on computers and I seemed to be a fast learner on the subject so that is what I set my sites on and I

ended up going to ITT Tech. which meant I had to move to Knoxville TN which was the closes to us at the time. Which with in doing that I had to get an apartment so I was going to school full time during the days and working full time in the evenings. This did make life not so much fun but I am very proud that I was able to do this and graduate valedictorian of my class with my degree in CEET. Also while I was down there I had to take my vacation times from work to go to get IV antibiotics which thankfully I was able to do and still stay in school.

After all my schooling I moved back home to West Virginia looking for a job and I was blessed to find a job working at the bank (which I am currently still at five and a half years later). I know that it was God who has truly blessed me with working for this company because I have never heard of another being so understanding and caring when I am out sick. Because of this it makes me more dedicated to the company because when I am out sick I take my laptop with me and I try to do as much as I can to help even from the hospital bed making calls and closing tickets and when I go home on IV antibiotics. I have a picc line put in, so sometimes I can go to work and do my job and I just take my lunch breaks to run my antibiotics (I have had to do it so much in my life I pretty much take of everything myself when I am home). "Cont'd"

CYSTIC FIBROSIS AWARENESS MONTH CONTINUED

I am now 30 years old and my CF doctors have wanted me to start the process of dealing with a lung transplant, because over the past few years I have had more hospital stays and catching everything coming and going it seems like. So at the first of March 2013, I went down for the evaluation process (which this scares me to death but it is something I have to deal with). We spoke with a lot of people and got a lot of information and I had to go through a lot of testing. They told us that when it gets closer to the time for a transplant that we would have to move down to the Durham area for about one year because they put you through rehab to get you ready and you have to be with in so many minutes to the hospital for when you are listed and get the call. When we were there we had to talk to a financial person about how much this is going to cost and we found out that from start to finish the transplant cost around 1.9 million but thankfully we don't have to pay that insurance is going to pay most but we need to try and raise \$75,000. (this amount is to cover the living cost in Durham for about a year, to help with the medical bills, the new medication that I will be on for a year after transplant, my wife would be the primary care giver for me and because of this she will not be able to work and I will be going through so much that I also will not be able to work even remotely so we are going to need full living cost covered and also to help cover our house payment back here in West Virginia (my wife and I

just bought out house last year 2012). The hospital just called me back this week with some of the results and they feel that I do have some time before I should have to go through this and they gave me a list of things I personally need to take care of but they also said that we need to start the fundraising so we don't have a time crunch for the last minute to try to get these living costs.

I am normally a very private man and I try to deal with all my issues by myself (well my wife and I) but this one is just too big for us to handle alone and I am asking for help. If you are able to donate any to help us out or if you are able to help with some other fundraisers or give us some ideas to accomplish this goal I would greatly appreciate it. This is my story as my life is right now and I just want to thank you in advance for any help you are able to give us. God bless. To help you can donate several ways:

1. www.facebook.com/josh7890
2. www.gofundme.com/2eaul8
3. McDowell County FACES a local nonprofit that will transfer all collections directly to the bank where the account has been established. Send to FACES, P.O. Box 426, Welch, WV 24801 or call Kathie Whitt at 304-436-5255.

What is Cystic Fibrosis

Cystic fibrosis (also known as **CF** or **mucoviscidosis**) is an autosomal recessive genetic disorder that affects most critically the lungs, and also the pancreas, liver, and intestine. It is characterised by abnormal transport of chloride and sodium across an epithelium, leading to thick, viscous secretions.

The name cystic fibrosis refers to the characteristic scarring (fibrosis) and cyst formation within the pancreas, first recognized in the 1930s. Difficulty breathing is the most serious symptom and results from frequent lung infections that are treated with antibiotics and other medications. Other symptoms, including sinus infections, poor growth, and infertility affect other parts of the body.

Individuals with cystic fibrosis can be diagnosed before birth by genetic testing, or by a sweat test in early childhood.

Ultimately, lung transplantation is often necessary as CF worsens.

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FACES Meeting: 2nd
Thursday of each month at
noon —open to the public.

HOPE Meeting: 4th
Monday at 10:30 a.m.—
open to the public.

Location: FACES Office

This newsletter
brought to you by
funds from the WV
DHHR.

Resource Directories Updates

If you have not done
so, please send in
your changes for our
resource directory so
I can get everything
ready to go to print
in June.

Question—call
Kathie at 304-436-
5255

Go online to:
www.facesfrn.com to
view your infor-
mation.

Change The Future, WV

Ginger Day has taken the position of Prevention Coordinator for the Change The Future, WV Initiative under the Community Transformation Grant initiative with Kanawha-Charleston Health Department. The initiative will encourage better eating habits, increased activity, increase access to fruits and vegetables through farmers markets and convenient stores at an affordable price, and encourage healthier items at check out isles. For information call Ginger at 304-436-5255.

Next Generation Ambassadors for Change

On Saturday, May 11, 2013, FACES met with participants and parents at the Sterling Drive Inn to complete the Ambassadors for Change Project. Seven students: George Cline III, Courtney Jewell, Andrea Payne, Megan Carr, Morgan Carr, Whitney Dotson, and Destany Cline completed the project.

The initiative was designed to introduce youth to the substance abuse prevention Coalition, provide training in the Strategic Prevention Framework, and engage the youth with agencies for mentoring. We included True Colors, Financial, Dating Violence Trainings as well as had the youth come to the HOPE Coalition meetings and FACES Community meeting. WVU Extension, SAFE, and Bureau for Health and Health Facilities completed these trainings.

Stop The Hurt, Sheriff's Office, and FACES provided mentoring and Job Shadowing. The youth placed the Child Abuse Awareness Month pinwheels throughout Welch. They completed a media campaign around the permanent prescription drug drop box at the Sheriff's Office and designed the decorative wrap that would be placed on the box. The youth assisted in our DEA Prescription Drug Take Back Day at the Kimball Wal-Mart along with the Sheriff's Office and FACES.

In completing the project, each participant received a certificate of completion, a lapel pin that says "Leadership Begins With Me", a lock box for their personal items when they go to college, travel reimbursement, and a stipend for \$680.10 which will assist in college, clothing, etc.

The participants completed a survey at the closeout and all felt the project, training, and job shadowing/mentoring was beneficial to them. Two youth indicated they were "very likely" to go into the nonprofit, social service, teaching, etc., fields. Four youth indicated they were "likely" and one indicated "somewhat likely".

We thank the youth for participating, the parents for permitting them to participate, the agencies for mentoring and completing the training. We feel that this was a very successful program and there is possibility of working in the after-school programs next year to repeat some parts of the project.